



Baked Fish and Chips

Recipe Courtesy Chef Bryan Woolley

- 1 cup cornflakes, crushed
- 1/3 cup flour
- 1 tbsp freshly chopped dill
- 2 tsp ranch seasoning packet
- 2 eggs
- 1/4 cup skim milk
- 4 cod filets, three ounces each
- Salt and pepper to taste

Oven-Baked chips:

- 4 medium russet potatoes
- 1 cup dry bread crumbs (Italian style)
- Extra virgin olive oil
- Salt and pepper to taste

1. Wash potatoes and cut into wedges. Place into a large bowl with water and allow to sit for about 10 minutes.
2. Remove potatoes from water and dry on paper towels.
3. Lightly spray potatoes with olive oil.
4. Pour bread crumbs into a large Ziploc bag and place prepared potato wedges into bag. Shake to lightly coat with bread crumbs.
5. Place wedges onto a parchment lined baking sheet. Lightly spray with olive oil once more and place in a 450 degree preheated oven for about 20 minutes or until crispy.
6. While potatoes are cooking, mix together in a medium size bowl, flour, dill, and ranch seasoning. Set aside
7. Rinse the cod off and pat dry with a paper towel. Dredge the cod in the flour mixture than dip in the milk and finally dredge in the crushed corn flakes.
8. Place onto a parchment-lined baking sheet and place in a 450 degree oven for about 10 minutes or until fish flakes easily with a fork.
9. Serve with malt vinegar if desired.
10. Enjoy!

Nutrition Facts

Serving Size: One cod filet and 1/4 potato wedges

Calories	490
Total Fat	7g
Saturated Fat	1.5g
Cholesterol	145mg
Sodium	670mg
Carbohydrates	74g
Dietary Fiber	4g
Sugars	4g
Protein	29g

Diabetic Exchanges

Protein	4
Fat	1
Carbohydrates	5

[Click to create your online shopping list at](#)

